



United States Department of Agriculture

MyPlate **KITCHEN**

Mother's Day

Cafe Mocha

Make: 2 servings

Ingredients:

1/3 cup milk (non-fat, dry)
1 cup water
1 cup coffee (brewed)
4 tablespoons hot chocolate mix
whipped topping (non-fat, optional)
cinnamon (optional)

Directions:

1. Wash hands with soap and water.
2. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
3. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
4. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Fruit Compote

Make: 5 servings

Ingredients:

1 cup pineapple chunks (8 ounce can)
1 1/2 cups orange juice
1 tablespoon cornstarch
1 banana (medium, peeled and sliced)
1 pear (sliced in cubes)
2 peaches (sliced in cubes)

Directions:

1. Wash hands with soap and water.
2. Drain the juice from the canned pineapple into a small saucepan.
3. Stir in orange juice and cornstarch. Blend until smooth.
4. Bring to a boil over medium heat, stirring constantly.
5. Let the juice mix cool to room temperature.
6. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
7. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

Lo's Blueberry Coffee Cake

Make: 8 servings

Ingredients:

1 egg
1/2 cup non-fat milk
1/2 cup yogurt, non-fat vanilla
3 tablespoons canola oil
1/4 teaspoon cinnamon
2 teaspoons lemon peel (grated, yellow only)
2 cups flour
1/2 cup sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cups fresh (or frozen unsweetened) blueberries
Topping Ingredients:
3 tablespoons sugar
1/8 cup walnuts (coarsely chopped)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees. Position rack in the center of the oven.
3. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
4. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
5. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
6. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
7. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
8. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
9. Serve warm or at room temperature.

For nutrition information, please visit MyPlate Kitchen: Lo's Blueberry Coffee Cake

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/los-blueberry-coffee-cake>

Magic Crust Quiche

Make: 6 Servings

Ingredients:

1 tablespoon vegetable oil
1/2 cup onion (chopped)
2 cups vegetables (can use frozen, fresh or leftovers)
1 cup cheddar cheese, low-fat (shredded)
3 eggs
1 1/2 cups milk, 1%
3/4 cup baking mix (like Bisquick)

Directions:

1. Wash hands with soap and water.
2. Cook onion in oil (or cook with vegetables).
3. Cook vegetables (or use leftovers). Drain well.
4. Grease round pie pan or 8 x 8 inch baking dish.
5. Spread cooked vegetables in pan. Spread cheese on top of vegetables.
6. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
7. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean.